

January 2011

Northern Lights

Employee's at ZAN Spread Holiday Cheer

The Center ensured a better Christmas for more than four families for 2010!

More than \$200 in toys were donated to the Angel Tree at Elmendorf Air Force Base. Just over \$300 was donated to an airman from Kulis ANG base for his family. We collected, purchased, and donated more than \$600 in gift cards and gifts for a single mom with four kids in temporary housing, and finally, we have donated \$225 to a military refuge family who recently moved to Alaska from Africa.

Thank you for your support!

Thanks to the generosity of ZAN employees, over \$1,300 was raised to help these families, through bake sales, silent auctions, donations, and other events.



This Month in Aviation History

Aviation History Facts: January

January 1 In 1914... The U.S. Weather Bureau begins daily publication of a weather map of the Northern Hemisphere designed specifically as an aid to aviation.

January 11 In 1935... Amelia Earhart becomes the first woman pilot to fly solo between Hawaii and the United States. She takes off from Wheeler Field, Oahu, Honolulu, to fly her Lockheed

Vega across the eastern Pacific to Oakland, California. Earhart lands after 18 hours 15 minutes.

January 13 In 1942... The first fully practical, single rotor helicopter makes a successful flight flown by its creator, Igor Sikorsky

Outdoor Safety at the Workplace: 9 Winter Safety Tips You Didn't Know

Working during winter feels more like survival of the fittest than an everyday challenge. The risks are even tenfold for employees who have to work and drive outdoors. Here are nine tips that should keep you safe during this trying season.

1. Bring out those hands!

Hold it! Don't remove those gloves or mittens yet. I mean, just think twice before walking outside with your hands in your pockets. Why? Keeping your hands in your pockets increases the risk of you falling or completely losing your balance in case you slip while walking on ice or snow.

2. Mittens VS. Gloves

Gloves sure look fashionable but donning mittens can actually save your life. With your fingers touching each other inside mittens, they generate more body heat than when they're inside gloves.

3. Warm up before shoveling.

Before you get rid of all the snow and ice at your workplace, do some stretching exercises first. You can also march in place or walk for a couple of minutes. With your muscles all warm, not only will you work more efficiently, you also reduce the risk of injuring yourself.

4. Forget coffee and cigarettes.

Before shoveling or doing any strenuous work, avoid caffeine and nicotine. They increase your heart rate and may cause your blood vessels to constrict.

5. Rock salt + Kitty Litter = Safer walkways

Have some rock salt and kitty litter on hand. Rock salt helps melt the ice on slippery surfaces. Kitty litter can act gives temporary traction.

6. Tin can + Matches + Candle + Paper Cup + Snow = Drinking water

Yes, you read the equation right. Before going on the road, you better prepare a tin can, candle, paper cup, and some matches. Should you get stuck in the middle of the road and run short on water, you can always melt some snow with the supplies above as part of your emergency kit.

7. Warm up before driving off.

While it pays to do some stretching exercises before delivering goods or driving to work, you should warm up your vehicle, too. This helps reduce the moisture condensation on the inside of your car windows. Remember, though, not to warm up your vehicle in a closed garage.

8. Six inches equals danger.

Be wary of floods. Be doubly cautious of running water that is 6 inches deep or more, or you run the risk of getting swept off your feet.

9. Report those damaged lines!

After a winter storm, immediately report any downed power lines or broken gas lines in your area or workplace



Crystal Gallery of Ice Carving Com- petition

Jan 7, 2011 - Jan 9, 2011

Time: 9 a.m - 4 p.m.

Location: Downtown Anchorage Town
Square

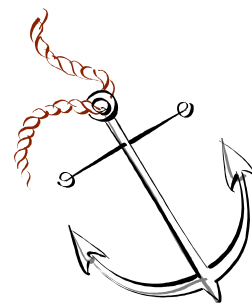
More Info: www.anchoragedowntown.org

Anchors Aweigh Boat Show

Date: **Jan 27, 2011 - Jan 30, 2011**

Location: Dena'ina Center

More Info: www.anchorsaweighboatshow.com/



Alaska's most anticipated Boat Show! With daily boat safety classes and education seminars there's tons to learn and do. Participants such as all the members of the Alaskan Marine Dealers Association, the Coast Guard, NOAA, and various financial institutions and insurance companies make this boat show Alaska's one stop shop where you'll find everything you need for the next boating season. A Boat Show for the Whole Family! You and your whole family will love exploring all the booths and boats at this great boat show. Whether your interest is in river rafting, river boats, ocean going vessels, or if you just want to take a look at them all this boat show is for you. With hundreds of boats on display there's plenty to keep everyone in your family busy. Bring the whole family!



The Blood Bank will be coming to the Anchorage FSDO on January 12, 2011 from 9-2pm. If you are interested in donating please contact Kimberly Vasek at 271-2006

TRANSIT BENEFITS EXTENSION

In February 2009 the American Reinvestment and Recovery Act (ARRA) temporarily raised the tax-free transit benefit statutory limit to \$230. Late on December 17, 2010, President Obama signed the Tax Relief, Unemployment Insurance Reauthorization, and Job Creation Act of 2010. This bill extended the tax free transit benefit of \$230 to **December 31, 2011**.

Should you have questions or comments please contact Vivian Green or Rosemary Smith at (202) 267-9260.

Follow-up to Automated External Defibrillator (AED) Program Question

We would like to thank you for the great response to the Voluntary AED Responder Program in FAA Facilities.

A question has come up recently concerning liability of the individual performing CPR and using an AED on a fellow employee. AHR has coordinated with AGC, and provides the following information:

Federal employees have certain immunity protections under the Federal Tort Claims Act (FTCA) (28 U.S.C. § 1346(b)). Specifically, an individual Federal employee acting within the course and scope of his or her employment would have no personal liability arising from potentially negligent performance of CPR and use of an AED. Under the FTCA, the exclusive remedy for the alleged negligent or wrongful act or omission of a government employee is against the United States, not against the employee. Consequently, a federal employee's good faith, but negligent performance of CPR and use of an AED installed in the workplace by the employee's agency would fall within the course and scope of employment and, thus, within the protections of the FTCA. Other immunity protections include various state AED and CPR Good Samaritan immunity laws. These laws potentially offer Good Samaritan immunity protection to: AED acquirers/owners; trained CPR/AED users; untrained AED users; AED trainers; AED program physicians; and persons who manage PAD programs or PAD program sites.

Volunteers will not be responsible for the life or death of a victim of cardiac arrest. They may respond, with ability, so that another person can have an opportunity for a second chance at life.

If you have questions, please contact Paul Dibenedetto, PAD Program Manager, paul.dibenedetto@faa.gov, 202 267-9719 or Sonja Johnson, NISC Contract Support, sonja.ctr.johnson@faa.gov, 202 646-5515. You can register for CPR/AED training at: <http://www.emergencyuniversity.com/faa/>





PROMOTIONS

Jessica Earp to CPC
 Christopher Benson to D2
 Justine Rockey to D2
 Gordy Morgan to FLM (temp)
 Brian Groseclose to FLM

Possible Amelia Earhart remains discovered

NORMAN, Okla. (KABC) -- Bone fragments found on a South Pacific island may be clues as to the fate of Amelia Earnhart, who vanished on her attempted flight around the world in 1937.

The three bone fragments, along with an old makeup container, some glass bottles and shells that were cut open were found on a deserted island that lay along the route Earnhart was taking. Scientists at the University of Oklahoma hope to extract DNA from the bones to prove Earnhart died as a castaway after crashing her plane.

The bones were found near a hollowed out turtle shell leading some to believe the shell was used by a human to collect rain water. Excavation crews believe the site where they were found may have been used as a campsite because of the number of fish and bird bones found there.

January						
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02	2	3	4	5	6	7
	9	10	11	12	13	14
03	16	17	18	19	20	21
	23	24	25	26	27	28
04	30	31				

Anchorage School District **60-day forecast**

JANUARY 2011

17 Martin Luther King, Jr. birthday holiday

FEBRUARY

16-17 Parent conference days. School schedules and student release times vary. Check with your school for specific schedule.

18 State-released professional development day. No school for students.

21 Presidents Day holiday

MARCH

4 End of 3rd quarter. State-released grade reporting day. No school for students.

7-11 Spring break

